

ACTIVITY GUIDE

SUMMER 2021



ALAMEDA RECREATION AND PARK DEPARTMENT
(510) 747-PLAY • www.alamedaca.gov/recreation
Camps • Classes • Events • Parks • Services • Sports • Travel • more

CONTENTS

ARPD Program Staff

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Pre-K and Youth
510-747-7554
cbailey@alamedaca.gov

Ed Kallas

Senior Programs, Travel
510-747-7511
ekallas@alamedaca.gov

Shawn Smith

Teens, Classes, Programs for
People with Developmental
Disabilities
510-747-7555
sdsmith@alamedaca.gov

Stacy Thomas

Adult and Youth Athletics,
Aquatics/Fields
510-747-7586
stthomas@alamedaca.gov

Online Reservation

Availability Calendar for Bocceball, Picnic Tables & Recreation Centers:

[www.alamedaca.gov/
Departments/Recreation-Parks](http://www.alamedaca.gov/Departments/Recreation-Parks)
**Rentals may not be available,
based on the current Alameda
County Health Order.**

ARPD Contacts

Web & Online Registration
www.alamedaca.gov/recreation

Email
arpd@alamedaca.gov

Facebook
[playARPD on Facebook](#)

Phone
510-747-PLAY (7529)

Fax
510-523-4071

Hours
Monday – Friday: 8:30am – 5:30pm

Park and Facility Issues
After Hours : 510-775-5459

Field Condition Hotline
After 2pm: 510-747-7540

Mastick Senior Center
510-747-7500

Parks & Facilities
See page 18



GUIDE INDEX

Directories

ARPD Program Staff	2
Online Reservation	2
ARPD Contacts	2
City Department Phone List	3
Hotlines: 511 & 211	3
Alameda City Council	3
Recreation and Parks Commission	3
ARPD Staff	3
Advisory Board & Commisiions	3
Community Resources	4
Community Sports	4

Family Fun

Free Trivia Nights	4
--------------------	---

Camp Information

Did not see your favorite class?	5
Activities & Safety	5
Registration Policy	5
ARPD Office Closure	5

Tot Camps

Tot Requirements	6
Summer Tots Camps	6
Tenderfoot Camp	6
Camp In A Bag	7

Youth Camps

Spring Vacation Camp	8
Summer Camps	8
Hidden Cove Day Camp	8
Trails End Day Camp	8
WOW – World of Wonder	9

Tween/Teens

Tween Adventure Camps	10
Volunteer Opportunity	10
Green Sweep	10

Aquatic

Emma Hood Swim Center	11
Encinal Swim Center	11
Swim Lesson Levels	11
Level 2 Swim Camp Lessons	11
Level 3 Swim Camp Lessons	12
Level 4-6 Swim Camp Lessons	12
Private Swim Lessons	13

Mastick Senior Center

Mastick Senior Center	14
Making Connections	14
Mastick's FREE Virtual Classes	15
Mastick's Book "Grab 'n' Go"	15
Mastick's FREE Virtual Workshops	15
In-Person Pickleball Instruction	16
Mastick's Fee-Based Virtual Classes	16
Living Well	17

Facilities & Parks

Facilities & Parks	18
ARPD Main Office	18

Registration

Registration Form	19
Register Online	19

What's Happening

What's Happening in ARPD	20
Chochenyo Park	20
Alameda Point Neighborhood Park	20
Tree Planting	20
Krusi Park Recreation Center	20
Alameda Point Gym	20
Godfrey Park Recreation Center	20
New, Modified Activities and Expanded Aquatic Programs	20

CITY DEPARTMENT PHONE LIST

Emergency (Life or Property at Risk)	911
City Information	510-747-7400
City Attorney	510-747-4750
City Clerk & City Council	510-747-4800
Mayor's Office	510-747-4745
City Manager's Office	510-747-4700
Alameda Municipal Power (AMP)	510-748-3900
Base Reuse - Alameda Point	510-747-7440
Economic Development & Community Services	510-747-6890
Finance	510-747-4881
Fire (Non-Emergency Only)	510-337-2100
Corica Park	510-747-7800
Housing Authority	510-747-4300
Human Resources	510-747-4900
Job Opportunities	www.governmentjobs.com/careers/alamedaca
Information Technology (IT)	510-747-7412
Library	510-747-7777
Media Contact	510-747-4714
Planning, Building and Transportation	510-747-6800
Police (Non-Emergency Only)	510-337-8340
Anonymous Tip Line	510-337-8450
Animal Services	510-337-8565
Animal Control (After Hours)	510-337-8340
Public Works	510-747-7900
Maintenance Services (Streets, Sidewalks, Non-Park Issues)	510-747-7900

HOTLINES

511 Transportation Hotline

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it - 24 hours a day, 7 days a week - from anywhere in the nine-county Bay Area. Call 511 or visit 511.org.

Information & Referral Assistance Hotline

Need Help? Get answers by simply dialing 211. 211 is a free, non-emergency, confidential, three-digit phone number and service (www.211alamedacounty.org) that provides easy access to housing information and critical health and human services. 211 operates 24 hours a day, seven days a week with multi-lingual capabilities.



Alameda City Council

Marilyn Ezzy Ashcraft	Mayor
Malia Vella	Vice Mayor
Tony Daysog	Councilmember
Trish Herrera Spencer	Councilmember
John Knox White	Councilmember

Recreation and Parks Commission

Adrienne Alexander	Chair
Eric Robbins	Vice Chair
Vacant	Member
Ron Limoges	Member
Tara Navarro	Member

ARPD Staff

Eric J. Levitt	City Manager
Gerry Beaudin	Assistant Manager
Amy Wooldridge	ARPD Director
Matt Nowlen	Park Manager
Eric Vlnar	Park Maintenance Supervisor
Vacant	Park Maintenance Foreperson
Jackie Krause	Recreation Manager
Patrick Russi	Recreation Manager
Christina Bailey	Recreation Supervisor I
Edward Kallas	Recreation Supervisor I
Shawn Smith	Recreation Supervisor I
Stacy Thomas	Recreation Supervisor I
Juan Aguilar	Recreation Assistant
Katherine Sirota	Administration
Irene Jung	Accounting Technician
Nora Pon	Senior Clerk

Mastick Senior Center Advisory Board

Meets 3rd Wednesday at 9:30AM on Zoom.

Golf Commission

Meets 2nd Tuesday at 6:30PM on Zoom, every other month (Jan, Mar, May, July, Sept, Nov)

Recreation and Parks Commission

Meets Every 2nd Thursday at 7:00PM on Zoom and televised live on Ch. 15.

Zoom meeting link available at
www.alamedaca.gov/Government/Agendas-Minutes-Announcements

COMMUNITY RESOURCES

AC Transit	www.actransit.org
Alameda Adult School	www.alameda-adult-school.org
Alameda Boys and Girls Club	www.alamedabgc.org
Alameda Chamber of Commerce	www.alamedachamber.com
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Services	www.alamedafs.org
Alameda Family Services - Head Start	www.alamedafs.org/hs-ehs.html
Alameda Food Bank	www.alamedafoodbank.org
Alameda Friends of the Parks Foundation	www.alamedaparks.org
Alameda Health System - Alameda Hospital	www.alamedahealthsystem.org
Alameda Historical Museum	www.alamedamuseum.org
Alameda Meals on Wheels	www.alamedamealsonwheels.org 510-865-6131
Alameda One Stop Career Center - COA	www.alameda.peralta.edu/student-service/alameda-one-stop-career-center
Alameda Point Collaborative	www.apcollaborative.org/children-youth-services
Alameda Professional Child Care Assoc	www.alamedapcca.org
Alameda Unified School District	www.alameda.k12.ca.us
American Red Cross	www.redcross.org
BANANAS	www.bananasbunch.org
Building Futures	www.bfwc.org
California State Park Info and Reservations	www.parks.ca.gov
Center for Independent Living	www.thecil.org 510-841-4776 or 510-356-2662
College of Alameda	www.alameda.peralta.edu
Crab Cove Visitors Center	www.ebparks.org/parks/vc/crab_cove
East Bay Paratransit	www.eastbayparatransit.org
East Bay Regional Park District	www.ebparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
Rhythmix Cultural Center	www.rhythmix.org
USS Hornet Foundation Museum	www.uss-hornet.org

COMMUNITY SPORTS

Aeromanics - Aeronuts	www.aeromaniacs.com
Alameda Attack Lacrosse Club	www.alamedalacrosse.com
Alameda Babe Ruth Baseball	www.alamedababeruth.com
Alameda Dragon Flyers Dragon Boat Team	www.alamedadragonflyers.com
Alameda Gators Swim Team	www.alameda-alga.com
Alameda Girls Softball Association	www.alamedagsa.com
Alameda Little League	www.alamedalittleleague.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Association	www.alameda-swimming.com
Alameda Vipers Basketball Club	www.alamedavipers.com
Alameda Wolverines Football	www.afawolverines.com
Alameda Youth Basketball	www.alamedayouthbasketball.club
Artemis Rowing	www.artemisrowingclub.org
Chuck Corica Park	www.coricapark.com
Special Olympics (Alameda)	www.sonc.org/sports/county/alameda

FAMILY FUN

Free Trivia Nights

Fun Family trivia nights where you can test your knowledge and compete with others in a friendly atmosphere. You can compete as a team or individually.

Register online to be eligible to win prizes from local Alameda businesses. At least one person per family need to register online for this fun, fast-paced themed Trivia Events.

- **March 5**
Harry Potter Trivia Night, 6:00PM, Class #12504
- **April 2**
Decades 80's/90's Trivia, 6:00PM, Class #12505



CAMP INFORMATION

DID NOT SEE YOUR FAVORITE CLASS OR CAMP?

Don't worry. ARPD will be offering more summer classes and camps for both youth and adults by mid-April. Another summer guide will be available with increased amount of choices. The next addition will include added classes and camps for all ages and varieties of recreational interests, including both in-person and virtual, that are permitted to be offered for the summer season.

So don't worry, stay tuned for more good things to come in the summer 2021!



ACTIVITIES & SAFETY

- ARPD summer programs will emphasize recreational activities (sports, active games, fitness), enrichment activities (arts & crafts, science, passive and social games, cooking), and youth development (safety, community/team building, positive relationship building, skill building)
- Programs will incorporate all of the normal AWESOME activities, with additional measures taken by ARPD Staff to ensure the safety of participants and their families.
- All campers will spend the majority of the program day enjoying outdoor activities in small groups of 14 participants or less.
- Scheduled activities are subject to change, depending on guideline revisions from the Alameda County Health Department.
- ARPD Programs follow all Alameda County Health protocols. This includes masks, hand washing, facility cleaning and small groups. Safety for participants, staff and community is our top priority.
- Due to COVID restrictions, all children will have a health screening before being allowed in the camp.
- Children must be comfortable with wearing a mask at all times.

REGISTRATION POLICY

- Registration is available per session (no single days allowed)
- Pre-registration is required for all Day Camps.
- Full payment is required at time of registration.
- You must cancel by Monday of the week prior to the start of your program session, and there is a \$15 withdrawal fee. For cancellations made thereafter, there is no guarantee for a refund unless your spot can be filled by another participant. \$15 withdrawal fee is still charged if a substitute is found.
- A \$15 administrative fee will be added for any changes made after your original registration.
- If you register over the weekend, for that week's session, please bring your receipt to your program site on Monday morning.
- Minimum enrollment is 5 participants. If minimum is not met, camp will be canceled and registrants may join another program site, space permitting or be fully refunded.
- If your desired program is full, place your child on the waitlist as additional programs may be added to meet the demand of registration.

ARPD OFFICE CLOSURE

- Due to current ARPD Main Office closure and staff working remotely, registration that are emailed, faxed or dropped off could have delayed processing.
- Registration online will be your best opportunity to secure a spot in one of the ARPD Programs.

www.alamedaca.gov/recreation



See Requirements & Registration Policy on page 5

TOT REQUIREMENTS

In order to be enrolled, your child must:

- Be ready to separate from parent, and parent from child
- Be willing to participate in the program without parent being present
- Be out of diapers/pull ups
- Able to tend to their personal needs
- Meet the age requirement by the first day of class

TOTS CAMPS

Summer Tots Camps

Ages 3 - 5/Pre-K

This class is a combination class for 3 year olds to Pre-Kindergarten. Children will work on their social, emotional and self-help skills through play-based activities. They will learn songs, stories and rhymes all to help develop phonetic awareness. Other activities include arts and crafts, motor fitness, and outdoor games. Three 2 week sessions. Sign up for one, two, or for all three sessions.

SESSION 1

Class #11682	Jun 21 - Jul 2	M Tu W Th F	9:00AM - 12:00PM
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\$240	ARPD Staff	Center at Woodstock Park
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SESSION 2

Class #11683	Jul 5 - Jul 16	M Tu W Th F	9:00AM - 12:00PM
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\$240	ARPD Staff	Center at Woodstock Park
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SESSION 3

Class #11684	Jul 19 - Jul 30	M Tu W Th F	9:00AM - 12:00PM
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\$240	ARPD Staff	Center at Woodstock Park
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Tenderfoot Camp

Ages 4 - 5

Join us for a two-week day camp experience. We will meet at Lower Washington Park by the Tennis Courts and then walk to Robert Crown Memorial Beach or up to Washington Park. Our camp experience will include making crafts, storytelling, games and songs. The campers will also be designing their own camp shirts to take home. We will hike into Crab Cove to look for crabs and other sea life that lives at the Cove. PLEASE BRING A BAG LUNCH TO CAMP DAILY.

SESSION 1

Class # 11685	Jul 19 - Jul 23	M Tu W Th F	9:30AM - 12:30PM
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\$120	ARPD Staff	Drop Off/Pick Up at Lower Washington by Tennis Courts
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Session 2

Class # 11686	Jul 26 - Jul 30	M Tu W Th F	9:30AM - 12:30PM
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\$120	ARPD Staff	Drop Off/Pick Up at Lower Washington by Tennis Courts
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Camp In A Bag

Ages 3 - 5/Pre-K

We are once again offering our "Camp In A Bag" Program. This year, we will be racing around the world starting in Australia and then ending back home in the good old USA. The bag will contain 5 crafts per week along with some of the supplies you will need along with directions on how to assemble the crafts. You will also receive a book (which may not be related to the country we are visiting), a cooking project, ideas for family games and a few surprises. All assignments will be at a Pre-K level.

For an additional fee of \$10, we can deliver your Camp Bag to you. Sorry, we only deliver to Alameda addresses. We will ring your door bell and leave your Bag in front of your door. Please note, we are not responsible for any missing Bags.

AUSTRALIA: JUNE 28

Class # 11699	Order by Jun 14	\$35
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Pick-up

Jun 28 - Jun 29	M Tu	9:00AM - 12:00PM	Littlejohn Park
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Deliver: Add \$10

Jun 29 - Jun 30	Tu W	Bag will be left by front door
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SOUTH EAST ASIA: JULY 5

Class # 11700	Order by Jun 21	\$35
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Pick-up

Jul 5 - Jul 6	M Tu	9:00AM - 12:00PM	Littlejohn Park
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Deliver: Add \$10

Jul 6 - Jul 7	Tu W	Bag will be left by front door
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INDIA: JULY 12

Class # 11701	Order by Jun 28	\$35
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Pick-up

Jul 12 - Jul 13	M Tu	9:00AM - 12:00PM	Littlejohn Park
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Deliver: Add \$10

Jul 13 - Jul 14	Tu W	Bag will be left by front door
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AFRICA: JULY 19TH

Class # 11703	Order by Jul 5	\$35
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Pick-up

Jul 19 - Jul 20	M Tu	9:00AM - 12:00PM	Littlejohn Park
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Deliver: Add \$10

Jul 20 - Jul 21	Tu W	Bag will be left by front door
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EUROPE: JULY 26

Class # 11704	Order by Jul 12	\$35
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Pick-up

Jul 26 - Jul 27	M Tu	9:00AM - 12:00PM	Littlejohn Park
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Deliver: Add \$10

Jul 27 - Jul 28	Tu W	Bag will be left by front door
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USA: AUGUST 2

Class # 11705	Order by Jul 19	\$35
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Pick-up

Aug 2 - Aug 3	M Tu	9:00AM - 12:00PM	Littlejohn Park
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Deliver: Add \$10

Aug 3 - Aug 4	Tu W	Bag will be left by front door
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See Requirements & Registration Policy on page 5

A week before your Summer Day Camp session, you will be sent a letter via email with group assignment and instructions for parking, drop-off and pick-up.

SPRING VACATION CAMP

April 12-16, 2021

Spring Break will be here before we know it...so come and hang out with your friends at our week-long adventure camp! Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch each day, unless notified differently. Wear comfortable walking shoes, socks, and play clothes. This program is open to those who are currently in Kindergarten through 5th Grades. We will spend the majority of the program day enjoying activities outdoors in small groups of 14 participants or less. Camp will be held at Harrison Center (Lincoln Park), and Washington Recreation Center (Washington Park); additional sites may be added, given demand.

*Scheduled activities are subject to change, depending on guideline revisions from the Alameda County Health Department. ARPD programs follow all Alameda County Health protocols. This includes masks, hand washing, facility cleaning and small groups. Safety for participants, staff and community is our top priority.

Additional program details will be available after March 1st, so check our website www.alamedaca.gov/recreation



SUMMER CAMPS

Hidden Cove Day Camp

Must have completed Grades Kindergarten - 1st

Hidden Cove Day Camp will be held at Robert Crown Memorial State Beach Park and will emphasize nature and the outdoors, and of course... FUN! Explore and enjoy the exciting adventures of the outdoors with hiking, archery, camp skills, games, and nature crafts. Each camper will get their very own commemorative t-shirt to celebrate our 68th year of Day Camp in Alameda! PLEASE SEND YOUR CHILD WITH A PACKED LUNCH EACH DAY.

SESSION 1

Class #11687	Jun 21 - Jul 2	M Tu W Th F	9:00AM - 3:00PM
Res \$416 Non-res \$458	ARPD Staff	Robert Crown Beach (Otis & Westline Dr)	

SESSION 2

Class #11688	Jul 5 - Jul 16	M Tu W Th F	9:00AM - 3:00PM
Res \$416 Non-res \$458	ARPD Staff	Robert Crown Beach (Otis & Westline Dr)	



Trails End Day Camp

Must have completed Grades 2nd - 5th

Trails End Day Camp will be held at Robert Crown Memorial State Beach Park and will emphasize nature and the outdoors, and of course... FUN! Explore and enjoy the exciting adventures of the outdoors with hiking, archery, camp skills (i.e. orienteering), games, and nature crafts. Each camper will get their very own commemorative t-shirt to celebrate our 68th year of Day Camp in Alameda! PLEASE SEND YOUR CHILD WITH A PACKED LUNCH EACH DAY.

SESSION 1

Class #11689	Jul 19 - Jul 30	M Tu W Th F	9:00AM - 4:00PM
Res \$457 Non-res \$503	ARPD Staff	Robert Crown Beach (Otis & Westline Dr)	

SESSION 2

Class #11690	Aug 2 - Aug 13	M Tu W Th F	9:00AM - 4:00PM
Res \$457 Non-res \$503	ARPD Staff	Robert Crown Beach (Otis & Westline Dr)	

WOW - World of Wonder

Must have completed Grades Kindergarten - 4th

The World of Wonder (WOW) Program has been the favorite way for kids to spend their summer vacation, and for parents to be assured of the security of a supervised recreational care program. WOW will be held at various park sites across Alameda, see tables below.

Preferred drop-off is between 8:00AM - 8:30AM, and pick-up is between 5:00PM - 5:30PM.

All activities are geared toward a weekly theme. Activities include, but are not limited to the following: crafts, games, cooking, drama, nature, walking excursions and much, much more! A \$15 administrative fee will be added to any payments received the Saturday and Sunday before your WOW week, or for any changes made after your original registration.

If your desired program is full, place your child on the waitlist as additional programs may be added to meet the demand of registration. PLEASE SEND YOUR CHILD WITH A PACKED LUNCH EACH DAY.

WEEK 1: See location & Class #s below			
Jun 21 - Jun 25	M Tu W Th F	8:00AM - 5:30PM	\$247
WEEK 2: See location & Class #s below			
Jun 28 - Jul 2	M Tu W Th F	8:00AM - 5:30PM	\$247
WEEK 3: See location & Class #s below			
Jul 5 - Jul 9	M Tu W Th F	8:00AM - 5:30PM	\$247
WEEK 4: See location & Class #s below			
Jul 12 - Jul 16	M Tu W Th F	8:00AM - 5:30PM	\$247
WEEK 5: See location & Class #s below			
Jul 19 - Jul 23	M Tu W Th F	8:00AM - 5:30PM	\$247
WEEK 6: See location & Class #s below			
Jul 26 - Jul 30	M Tu W Th F	8:00AM - 5:30PM	\$247
WEEK 7: See location & Class #s below			
Aug 2 - Aug 6	M Tu W Th F	8:00AM - 5:30PM	\$247
WEEK 8: See location & Class #s below			
Aug 9 - Aug 13	M Tu W Th F	8:00AM - 5:30PM	\$247



FRANKLIN WOW: CENTER AT FRANKLIN PARK

Week 1: Class #11890	Week 2: Class #11891	Week 3: Class #11892
Week 4: Class #11893	Week 5: Class #11894	Week 6: Class #11895
Week 7: Class #11896	Week 8: Class #11897	

KRUSI WOW: CENTER AT KRUSI PARK

Week 1: Class #11882	Week 2: Class #11883	Week 3: Class #11884
Week 4: Class #11885	Week 5: Class #11886	Week 6: Class #11887
Week 7: Class #11888	Week 8: Class #11889	

LEYDECKER WOW: CENTER AT LEYDECKER PARK

Week 1: Class #11858	Week 2: Class #11859	Week 3: Class #11860
Week 4: Class #11861	Week 5: Class #11862	Week 6: Class #11863
Week 7: Class #11864	Week 8: Class #11865	

LINCOLN WOW: HARRISON CENTER AT LINCOLN PARK

Week 1: Class #11874	Week 2: Class #11875	Week 3: Class #11876
Week 4: Class #11877	Week 5: Class #11878	Week 6: Class #11879
Week 7: Class #11880	Week 8: Class #11881	

LONGFELLOW WOW: CENTER AT LONGFELLOW PARK

Week 1: Class #11898	Week 2: Class #11899	Week 3: Class #11900
Week 4: Class #11901	Week 5: Class #11902	Week 6: Class #11903
Week 7: Class #11904	Week 8: Class #11905	

TILLMAN WOW: CENTER AT TILLMAN PARK

Week 1: Class #11866	Week 2: Class #11867	Week 3: Class #11868
Week 4: Class #11869	Week 5: Class #11870	Week 6: Class #11871
Week 7: Class #11872	Week 8: Class #11873	

WASHINGTON WOW: CENTER AT WASHINGTON PARK

Week 1: Class #11691	Week 2: Class #11692	Week 3: Class #11693
Week 4: Class #11694	Week 5: Class #11695	Week 6: Class #11696
Week 7: Class #11697	Week 8: Class #11698	

TWEENS & TEENS - CAMPS

SUMMER CAMPS

Tween Adventure Camps

Middle Schoolers (Incoming 6 - 8 Graders)

Announcing ARPD's 2021 Tween Summer Adventure Camp! Join us for 1-week camp sessions jam-packed with fun-in-the-sun! Camp will emphasize recreational activities (sports, active games, fitness), enrichment activities (arts & crafts, science, passive and social games, cooking), and youth development (safety, community/team building, positive relationship building, skill building). Programming will incorporate all of the normal AWESOME camp activities, with additional measures taken by ARPD Staff for the safety of campers and their families due to COVID-19.

Preferred drop-off is between 8:00AM - 8:30AM, and pick-up is between 5:00PM - 5:30PM.

Campers will spend the majority of their program day enjoying activities outdoors. In addition to the activities outlined above, tweens will enjoy local walking field trips, and a variety of special activities led by local vendors at our program site(s). Requirements permitting, campers may be transported locally in ARPD vehicles for outdoor activities, such as hiking. PLEASE SEND YOUR CHILD WITH A PACKED LUNCH EACH DAY.

WEEK 1	Jun 21 - Jun 25	M Tu W Th F	8:00AM - 5:30PM	
	Bayport Park: 301 Jack London Ave.		Class #11712	\$247
	McKinley Park: 2165 Buena Vista Ave.		Class #11857	\$247
WEEK 2	Jun 28 - Jul 2	M Tu W Th F	8:00AM - 5:30PM	
	Bayport Park: 301 Jack London Ave.		Class #11850	\$247
	McKinley Park: 2165 Buena Vista Ave.		Class #11713	\$247
WEEK 3	Jul 5 - Jul 9	M Tu W Th F	8:00AM - 5:30PM	
	Bayport Park: 301 Jack London Ave.		Class #11851	\$247
	McKinley Park: 2165 Buena Vista Ave.		Class #11714	\$247
WEEK 4	Jul 12 - Jul 16	M Tu W Th F	8:00AM - 5:30PM	
	Bayport Park: 301 Jack London Ave.		Class #11852	\$247
	McKinley Park: 2165 Buena Vista Ave.		Class #11717	\$247
WEEK 5	Jul 19 - Jul 23	M Tu W Th F	8:00AM - 5:30PM	
	Bayport Park: 301 Jack London Ave.		Class #11853	\$247
	McKinley Park: 2165 Buena Vista Ave.		Class #11718	\$247
WEEK 6	Jul 26 - Jul 30	M Tu W Th F	8:00AM - 5:30PM	
	Bayport Park: 301 Jack London Ave.		Class #11854	\$247
	McKinley Park: 2165 Buena Vista Ave.		Class #11719	\$247
WEEK 7	Aug 2 - Aug 6	M Tu W Th F	8:00AM - 5:30PM	
	Bayport Park: 301 Jack London Ave.		Class #11855	\$247
	McKinley Park: 2165 Buena Vista Ave.		Class #11720	\$247
WEEK 8	Aug 9 - Aug 13	M Tu W Th F	8:00AM - 5:30PM	
	Bayport Park: 301 Jack London Ave.		Class #11856	\$247
	McKinley Park: 2165 Buena Vista Ave.		Class #11721	\$247

See Requirements & Registration Policy on page 5

VOLUNTEER OPPORTUNITY

Green Sweep

Ages 11 - 18 (Incoming 6 - 12 Graders)

Green Sweep is looking for teens who want to earn community service hours by helping to maintain and beautify our City parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on scheduled days to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, planting, painting, building, etc. Equipment will be provided to participants for different projects. Transportation will be provided to and from parks. Program will be held weather permitting. For more information, please call Shawn Smith, Recreation Supervisor I at (510) 747-7555 or e-mail him at sdsmith@alamedaca.gov.

TEAM 1: WEDS. 6/30/21 - 7/14/21

Class #11715	Jun 30 - Jul 14	W	10:00AM - 12:30PM
\$47	ARPD Staff	Underground Teen Center at Veteran's Memorial Building	

TEAM 2: WEDS. 7/21/21 - 8/4/21

Class #11716	Jul 21 - Aug 4	W	10:00AM - 12:30PM
\$47	ARPD Staff	Underground Teen Center at Veteran's Memorial Building	



CAMP SWIM LESSONS - AQUATICS

AQUATIC LESSONS

Emma Hood Swim Center

2256 Alameda Ave, 510-522-8107

Encinal Swim Center

230 Central Ave, 510-522-4590

Swim Lesson Levels

Swim tests will be administered on the first day of the session.

Please see levels here:

www.safeswim.com/red-cross-swim-lesson-levels

For more information

and other aquatic programs see our website

<http://www.alamedaca.gov/recreation>



Level 2 Swim Camp Lessons

Location: Emma Hood Swim Center, 2256 Alameda Ave

Each Session has 4 lessons @ 30 minutes each

Fees: Res \$40 / Non-Res \$48

MONDAY & WEDNESDAY

Time	Session 1 6/21-6/30 Class #	Session 2 7/5-7/14 Class #	Session 3 7/19-7/28 Class #	Session 4 8/2-8/11 Class #
9:00AM - 9:30AM	11957	11968	11979	11990
9:40AM - 10:10AM	11956	11967	11978	11989
10:20AM - 10:50AM	11948	11959	11970	11981
11:00AM - 11:30AM	11950	11961	11972	11983
11:40AM - 12:10PM	11949	11960	11971	11982
12:20PM - 12:50PM	11951	11962	11973	11984
1:00PM - 1:30PM	11953	11964	11975	11986
1:40PM - 2:10PM	11952	11963	11974	11985
2:20PM - 2:50PM	11954	11965	11976	11987
3:00PM - 3:30PM	11955	11966	11977	11988

TUESDAY & THURSDAY

Time	Session 1 6/22-7/1 Class #	Session 2 7/6-7/15 Class #	Session 3 7/20-7/29 Class #	Session 4 8/3-8/12 Class #
9:00AM - 9:30AM	12002	12013	12015	12035
9:40AM - 10:10AM	12001	12012	12016	12034
10:20AM - 10:50AM	11993	12004	12017	12026
11:00AM - 11:30AM	11995	12006	12018	12028
11:40AM - 12:10PM	11994	12005	12019	12027
12:20PM - 12:50PM	11996	12007	12020	12029
1:00PM - 1:30PM	11998	12009	12021	12031
1:40PM - 2:10PM	11997	12008	12022	12030
2:20PM - 2:50PM	11999	12010	12023	12032
3:00PM - 3:30PM	12000	12011	12024	12033

SATURDAY

Time	Session 1: 7/10-7/31 Class #	Session 2: 8/7-8/28 Class #
11:00AM - 11:30AM	12045	12048
11:40AM - 12:10PM	12038	12047
12:20PM - 12:50PM	12039	12049
1:00PM - 1:30PM	12041	12051
1:40PM - 2:10PM	12040	12050
2:20PM - 2:50PM	12042	12052
3:00PM - 3:30PM	12044	12054
3:40PM - 4:10PM	12043	12053

SUNDAY

Time	Session 1: 7/11-8/1 Class #	Session 2: 8/8-8/29 Class #
11:00AM - 11:30AM	12058	12067
1:40AM - 12:10PM	12057	12066
12:20PM - 12:50PM	12059	12068
1:00PM - 1:30PM	12061	12070
1:40PM - 2:10PM	12060	12069
2:20PM - 2:50PM	12062	12071
3:00PM - 3:30PM	12064	12073
3:40PM - 4:10PM	12063	12072

AQUATICS - CAMP SWIM LESSONS

Level 3 Swim Camp Lessons

Location: Emma Hood Swim Center, 2256 Alameda Ave

Each Session has 4 lessons @ 30 minutes each

Fees: Res \$40 / Non-Res \$48

MONDAY & WEDNESDAY				
Time	Session 1 6/21-6/30 Class #	Session 2 7/5-7/14 Class #	Session 3 7/19-7-28 Class #	Session 4 8/2-8/11 Class #
9:00AM - 9:30AM	12085	12096	12107	12118
9:40AM - 10:10AM	12084	12095	12106	12117
10:20AM - 10:50AM	12076	12087	12098	12109
11:00AM - 11:30AM	12078	12089	12100	12111
11:40AM - 12:10PM	12077	12088	12099	12110
12:20PM - 12:50PM	12079	12090	12101	12112
1:00PM - 1:30PM	12081	12092	12103	12114
1:40PM - 2:10PM	12080	12091	12102	12113
2:20PM - 2:50PM	12082	12093	12104	12115
3:00PM - 3:30PM	12083	12094	12105	12116
TUESDAY & THURSDAY				
Time	Session 1 6/22-7/1 Class #	Session 2 7/6-7/15 Class #	Session 3 7/20-7-29 Class #	Session 4 8/3-8/12 Class #
9:00AM - 9:30AM	12130	12142	12153	12164
9:40AM - 10:10AM	12129	12141	12152	12163
10:20AM - 10:50AM	12121	12132	12144	12155
11:00AM - 11:30AM	12123	12135	12146	12157
11:40AM - 12:10PM	12122	12134	12145	12156
12:20PM - 12:50PM	12124	12136	12147	12158
1:00PM - 1:30PM	12126	12138	12149	12160
1:40PM - 2:10PM	12125	12137	12148	12159
2:20PM - 2:50PM	12127	12139	12150	12161
3:00PM - 3:30PM	12128	12140	12151	12162
SATURDAY				
Time	Session 1: 7/10-7/31 Class #		Session 2: 8/7-8/28 Class #	
1:00AM - 11:30AM	12168		12177	
11:40AM - 12:10PM	12167		12176	
112:20PM - 12:50PM	12169		12178	
1:00PM - 1:30PM	12171		12180	
1:40PM - 2:10PM	12170		12179	
2:20PM - 2:50PM	12172		12181	
3:00PM - 3:30PM	12174		12183	
3:40PM - 4:10PM	12173		12182	
SUNDAY				
Time	Session 1: 7/11-8/1 Class #		Session 2: 8/8-8/29 Class #	
11:00AM - 11:30AM	12187		12196	
11:40AM - 12:10PM	12186		12195	
12:20PM - 12:50PM	12188		12197	
1:00PM - 1:30PM	12190		12199	
1:40PM - 2:10PM	12189		12198	
2:20PM - 2:50PM	12191		12200	
3:40PM - 4:10PM	12192		12201	
3:00PM - 3:30PM	12193		12202	

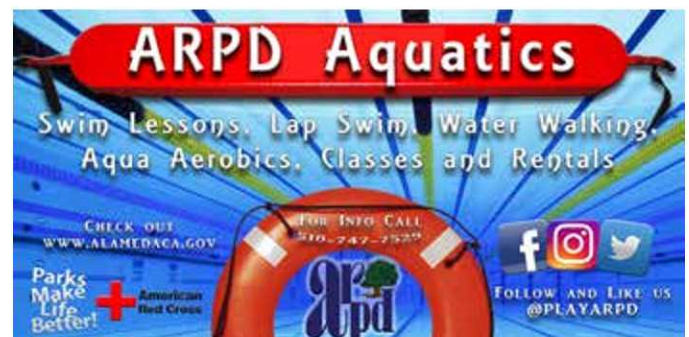
Level 4-6 Swim Camp Lessons

Location: Emma Hood Swim Center, 2256 Alameda Ave

Each Session has 4 lessons @ 30 minutes each

Fees: Res \$40 / Non-Res \$48

MONDAY & WEDNESDAY				
Time	Session 1 6/21-6/30 Class #	Session 2 7/5-7/14 Class #	Session 3 7/19-7-28 Class #	Session 4 8/2-8/11 Class #
12:20PM - 12:50PM	12205	12211	12217	12223
1:00PM - 1:30PM	12206	12213	12219	12225
1:40PM - 2:10PM	12207	12212	12218	12224
2:20PM - 2:50PM	12208	12214	12220	12226
3:00PM - 3:30PM	12209	12215	12221	12227
TUESDAY & THURSDAY				
Time	Session 1 6/22-7/1 Class #	Session 2 7/6-7/15 Class #	Session 3 7/20-7-29 Class #	Session 4 8/3-8/12 Class #
12:20PM - 12:50PM	12230	12236	12242	12248
1:00PM - 1:30PM	12232	12237	12244	12250
1:40PM - 2:10PM	12231	12240	12243	12249
2:20PM - 2:50PM	12233	12238	12245	12251
3:00PM - 3:30PM	12234	12239	12246	12252
SATURDAY				
Time	Session 1: 7/10-7/31 Class #	Session 2: 8/7-8/28 Class #		
11:00AM - 11:30AM	12256	12265		
11:40AM - 12:10PM	12255	12264		
12:20PM - 12:50PM	12257	12266		
1:00PM - 1:30PM	12259	12268		
1:40PM - 2:10PM	12258	12267		
2:20PM - 2:50PM	12260	12269		
3:00PM - 3:30PM	12262	12271		
3:40PM - 4:10PM	12261	12270		
SUNDAY				
Time	Session 1: 7/11-8/1 Class #	Session 2: 8/8-8/29 Class #		
11:00AM - 11:30AM	12275	12284		
11:40AM - 12:10PM	12274	12283		
12:20PM - 12:50PM	12276	12285		
1:00PM - 1:30PM	12278	12287		
1:40PM - 2:10PM	12277	12286		
2:20PM - 2:50PM	12279	12288		
3:00PM - 3:30PM	12281	12290		
3:40PM - 4:10PM	12280	12289		



PRIVATE SWIM LESSONS - AQUATICS

Private Swim Lessons

Location: Emma Hood Swim Center, 2256 Alameda Ave

Each Session has 4 lessons @ 30 minutes each

Fees: Res \$106 / Non-Res \$122

MONDAY & WEDNESDAY				
Time	Session 1 6/21-6/30 Class #	Session 2 7/5-7/14 Class #	Session 3 7/19-7-28 Class #	Session 4 8/2-8/11 Class #
9:00AM - 9:30AM	11724	11744	11755	11766
9:40AM - 10:10AM	11725	11743	11754	11765
10:20AM - 10:50AM	11726	11735	11746	11757
11:00AM - 11:30AM	11727	11737	11748	11759
11:40AM - 12:10PM	11728	11736	11747	11758
12:20PM - 12:50PM	11729	11738	11749	11760
1:00PM - 1:30PM	11730	11740	11751	11762
1:40PM - 2:10PM	11731	11739	11750	11761
2:20PM - 2:50PM	11732	11741	11752	11763
3:00PM - 3:30PM	11733	11742	11753	11764
TUESDAY & THURSDAY				
Time	Session 1 6/22-7/1 Class #	Session 2 7/6-7/15 Class #	Session 3 7/20-7-29 Class #	Session 4 8/3-8/12 Class #
9:40AM - 10:10AM	11777	11788	11799	11810
9:00AM - 9:30AM	11778	11789	11800	11811
10:20AM - 10:50AM	11769	11780	11791	11802
11:40AM - 12:10PM	11770	11781	11792	11803
11:00AM - 11:30AM	11771	11782	11793	11804
12:20PM - 12:50PM	11772	11783	11794	11805
1:40PM - 2:10PM	11773	11784	11795	11806
1:00PM - 1:30PM	11774	11785	11796	11807
2:20PM - 2:50PM	11775	11786	11797	11808
3:00PM - 3:30PM	11776	11787	11798	11809
SATURDAY				
Time	Session 1: 7/10-7/31 Class #		Session 2: 8/7-8/28 Class #	
11:00AM - 11:30AM	11814		11830	
11:40AM - 12:10PM	11815		11823	
12:20PM - 12:50PM	11816		11824	
1:00PM - 1:30PM	11817		11826	
1:40PM - 2:10PM	11818		11825	
2:20PM - 2:50PM	11819		11827	
3:00PM - 3:30PM	11820		11829	
3:40PM - 4:10PM	11821		11828	
SUNDAY				
Time	Session 1: 7/11-8/1 Class #		Session 2: 8/8-8/29 Class #	
11:00AM - 11:30AM	11840		11843	
11:40AM - 12:10PM	11833		11842	
12:20PM - 12:50PM	11834		11844	
1:00PM - 1:30PM	11836		11846	
1:40PM - 2:10PM	11835		11845	
2:20PM - 2:50PM	11837		11847	
3:00PM - 3:30PM	11839		11849	
3:40PM - 4:10PM	11838		11848	

Private Swim Lessons

Location: Encinal Swim Center, 230 Central Ave

Each Session has 4 lessons @ 30 minutes each

Fees: Res \$106 / Non-Res \$122

MONDAY & WEDNESDAY				
Time	Session 1 6/21-6/30 Class #	Session 2 7/5-7/14 Class #	Session 3 7/19-7-28 Class #	Session 4 8/2-8/11 Class #
9:00AM - 9:30AM	12293	12307	12319	12333
9:40AM - 10:10AM	12294	12306	12330	12332
10:20AM - 10:50AM	12295	12308	12320	12334
1:00PM - 1:30PM	12296	12310	12322	12336
1:40PM - 2:10PM	12297	12309	12321	12335
2:20PM - 2:50PM	12298	12311	12323	12337
3:00PM - 3:30PM	12299	12313	12325	12339
3:40PM - 4:10PM	12300	12312	12324	12338
4:20PM - 4:50PM	12301	12314	12326	12340
5:00PM - 5:30PM	12302	12316	12328	12342
5:40PM - 6:10PM	12303	12315	12327	12341
6:20PM - 6:50PM	12304	12317	12329	12343
TUESDAY & THURSDAY				
Time	Session 1 6/22-7/1 Class #	Session 2 7/6-7/15 Class #	Session 3 7/20-7-29 Class #	Session 4 8/3-8/12 Class #
9:00AM - 9:30AM	12347	12360	12373	12386
9:40AM - 10:10AM	12346	12359	12372	12385
10:20AM - 10:50AM	12348	12361	12374	12387
1:00PM - 1:30PM	12350	12363	12376	12389
1:40PM - 2:10PM	12349	12362	12375	12388
2:20PM - 2:50PM	12351	12364	12377	12390
3:00PM - 3:30PM	12353	12366	12379	12392
3:40PM - 4:10PM	12352	12365	12378	12391
4:20PM - 4:50PM	12354	12367	12380	12393
5:00PM - 5:30PM	12356	12369	12382	12395
5:40PM - 6:10PM	12355	12368	12381	12394
6:20PM - 6:50PM	12357	12370	12383	12396
SATURDAY				
Time	Session 1: 7/10-7/31 Class #		Session 2: 8/7-8/28 Class #	
11:00AM - 11:30AM	12406		12409	
11:40AM - 12:10PM	12399		12408	
12:20PM - 12:50PM	12400		12410	
1:00PM - 1:30PM	12402		12412	
1:40PM - 2:10PM	12401		12411	
2:20PM - 2:50PM	12403		12413	
3:00PM - 3:30PM	12405		12415	
3:40PM - 4:10PM	12404		12414	
SUNDAY				
Time	Session 1: 7/11-8/1 Class #		Session 2: 8/8-8/29 Class #	
11:00AM - 11:30AM	12419		12428	
11:40AM - 12:10PM	12418		12427	
12:20PM - 12:50PM	12420		12429	
1:00PM - 1:30PM	12422		12431	
1:40PM - 2:10PM	12421		12430	
2:20PM - 2:50PM	12423		12432	
3:00PM - 3:30PM	12425		12434	
3:40PM - 4:10PM	12424		12433	

SENIORS & ADULTS 50+



Making Connections • Staying Active • Living Well

**Mastick Senior Center
remains physically closed
but VIRTUALLY present!**

Programs and Services for People age 50 and Better

1155 Santa Clara Ave, Alameda, CA

Website: www.mastickcenter.com

Suggestion Box, masticksuggestion@alamedaca.gov

Staff

Jackie Krause, Recreation Manager

jkrause@alamedaca.gov, (510) 747-7510

Ed Kallas, Recreation Supervisor I

ekallas@alamedaca.gov, (510) 747-7511

MEMBERSHIP RENEWAL

Though the Center remains closed due to COVID-19, renewing your membership will ensure that you receive monthly email updates with the latest program information. Membership is FREE, extended to those age 50 plus, and required to participate in activities, programs, and services (including virtual) offered by the Center. **To receive a registration form, contact Jackie Krause at jkrause@alamedaca.gov or (510) 747-7510.**

REGISTERING MADE EASY

To register for a program or for assistance with Zoom, please contact **Ed Kallas, Recreation Supervisor I**, at ekallas@alamedaca.gov or (510) 747-7511, during normal business hours:

Monday - Friday, 8:00AM - 4:00PM.

Registering for classes can also be done online at <https://apm.activecommunities.com/alamedarecreation>, then search for specific activity in the search bar. Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

MAKING CONNECTIONS

Alameda Friendly Visitors

Alameda Friendly Visitors fosters one-on-one social interaction and friendship. For more information, call (510) 508-2823 or www.alamedamealsonwheels.org/about-afv.html.

Senior Connections

Senior Connections, is a collaboration between Mastick Senior Center and Alameda Family Services, provides case management assistance for Alameda seniors needing assistance with health insurance, housing, in-home support services, food resources and MORE! Alameda Family Services is a human services organization improving the emotional, psychological and physical health of families. For assistance, call (510) 747-7505. This program is funded in part by the Mastick Senior Center Advisory Board (MSCAB).

Alameda County Public Health - Diabetes Support Groups

"Virtual" Support Groups are offered on the following days and times. The conference calls are open to all and may be subject to local phone fees/costs. For more information, call (510) 383-5185.

ALL SUPPORT GROUPS ARE FROM 10:00AM TO NOON

2nd Tuesday of the Month	San Leandro
Call in number: 1-978-990-5315	Access code: 8990137#
3rd Wednesday of Month	Dublin/Livermore
Call in number: 1-978-990-5315	Access code: 8990137#
4th Tuesday of the Month	Eastmont/Emeryville
Call in number: 1-978-990-5320	Access code: 3835514#
4th Wednesday of the Month	Alameda
Call in number: 1-978-990-5320	Access code: 3835514#

Additional Resources:

• Alameda County Crisis Support Services Suicide Prevention:

1-800-309-2131, or text "safe" to 20121
between 4:00PM - 11:00PM, 7 days a week

• Disaster Distress Helpline:

Call 1-800-985-5990 or text "TalkWithUs" to 66746
for 24/7 support

• Crisis Text Line:

Text "HOME" to 741741 for 24/7 crisis support

• 24-hour National Helpline: 1-800-662-HELP (4357)

• 24-hour Suicide Prevention Lifeline:

1-800-273-8255 or text 838255

• 24-hour Domestic Violence Hotline: 1-800-799-7233

• Local support from <http://www.alamedafs.org/>

ADULTS 50+ & SENIORS

MASTICK'S STAYING ACTIVE

FREE Virtual Class Schedule

Members receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

ACTIVITY	TIME
Mondays	
Philosophy Discussion Group	10:00AM - 12:00
Tuesdays	
Today's World	9:30AM - 11:30AM
Book Club*	12:15PM - 1:15PM
<ul style="list-style-type: none"> March 2: Educated by Tara Westover April 6: The Overstory by Richard Powers May 4: Ordinary Grace by William Kent Krueger June 1: The Uncommon Reader: By Alex Bennett 	
* To pick-up the book or receive the Zoom link, call (510) 747-7510 or email jkrause@alamedaca.gov .	
Thursdays	
Zoom with Mastick (3/4, 3/18, 4/1, 4/15)	10:00AM - 11:00AM
Weekly Tech Support	11:00AM - 12:00PM
Egyptian Folkloric Dance	11:15AM - 12:15PM
Great American Songbook (1st and 3rd Thursdays)	1:00PM - 2:00PM
Fridays	
German Conversation	10:00AM - 12:00PM
Italian Conversation - Intermediate	10:00AM - 12:00PM
Mastick Movie Club (1st Friday)	10:00AM - 11:30AM
Hula Basics	1:00PM - 2:00PM
Hula - Advanced Rehearsals	2:00PM - 3:00PM
Saturdays	
Mastick Volunteer Walking Group	4:00PM - 5:00PM
To receive the Zoom meeting I.D., contact Ed Kallas, Recreation Supervisor I, at (510) 747-7511 or ekallas@alamedaca.gov .	

MASTICK'S FREE VIRTUAL WORKSHOPS

Members receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Role of the Military in American Society (Recorded Presentation)

Monday, March 8, 1:30PM - 3:00PM, Location: Zoom Class #10881

Dr. Michael Baker, MD, FACS, Rear Admiral, Medical Corps, USN (ret), will discuss the military's recent, and controversial, call into service in American cities during social protests. Some view this as a violation of the Constitution and an abuse of power. What does the law say and what is an appropriate use of the military in American Society? Explore the Insurrection Act, the Posse Comitatus Act, and the Bonus March on Washington. We will discuss whether to resume the draft, other options for public service, and why everyone needs to "have skin in the game." Dr. Baker offers his expertise and explains some of the options to us. You will be glad you joined us for this opportunity. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

Virtual Park Discovery: Sunol/Del Valle Park

Tuesday, March 23, 10:00AM - 11:00AM, Location: Zoom Class #12441

Join East Bay Parks Naturalist Alex Collins for an interactive program featuring a Virtual Park Discovery Program. The topic is Sunol and Del Valle Park.

Create a Secure Future: Advance Health Care Directives

Tuesday, March 23, 1:00PM - 2:00PM, Location: Zoom Class #10882

- Explains Advance Health Care Directives and how to complete them
- Gives information about appointing an agent, end-of-life decision-making and POLST forms
- Provides referrals for other planning tools, such as wills and Durable Powers of Attorney for Finance.

Mastick's Book "Grab 'n' Go"

Mastick Senior Center has a treasure trove of books available for you! We cannot promise a particular author; however, we can create genre (Mystery, Romance, Non/Fiction, Classic, Adventure/Western, Biography, Large Print) "Grab 'n' Go" bags.

To participate, please call (510) 747-7506 or email masticksuggestion@alamedaca.gov and provide your name, phone number, and preferred genre. We will call once the bag is ready for pick-up.



SENIORS & ADULTS 50+

The Universe from Your Backyard: The Many Phases of the Moon

(Recorded Presentation)

**Monday, April 12, 1:30PM - 3:00PM, Location: Zoom
Class #10883**

Katie Berryhill, Ph.D., Adjunct Professor of Astronomy, Los Medanos College, will discuss how air quality has temporarily improved with fewer planes in the sky and cars on the road. Dr. Berryhill will guide us into the vastness of the universe right from our own backyard, patio, or driveway. She'll provide a simple but powerful tool for predicting when each phase of the moon is visible and for when it's not—the perfect time to look for meteors. Allow OLLI and Dr. Berryhill to make your home sky gazing experience richer and more interesting. No special equipment is needed, but if you have your own telescope or binoculars put them to use. The air is clear, so seize the day—well, the clear nights! This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

Trip Planning Workshop

Tuesday, April 20, 1:00PM, Location: Google Hangouts

This workshop will walk you through how to use Google Maps and the Transit App to plan trips, find resources near you, check real-time departures and more! Become a CIL member to access one-on-one trip planning, Emergency Preparedness, and Advocacy Consultations and receive a \$5 value BART ticket. To participate and receive workshop information and materials, please email coco@thecil.org.

Alameda Development and Architecture

**Wednesdays & Fridays, April 28 - June 4,
1:00PM - 2:00PM, Location: Zoom, Class #11506**

Join Judith Lynch, local historian, educator, collaborator on three books about vintage architecture, and former Alameda Historical Advisory Board member, and Robert Farrar, a Marcuse & Rummel historian, for this 12-session class highlighting the history of the Island from the Gold Rush era to 1930s focusing on architecture.

In-Person Pickleball Instruction

**Thursdays, 11:00AM - 12:30PM and
1:00PM - 2:30PM, Location: Lincoln Park, Fees**

Pickleball, one of the fastest growing sports in the United States, is a paddle sport combining elements of badminton, table tennis, and tennis.



MASTICK'S FEE-BASED VIRTUAL CLASSES

To learn when the next session is being offered, contact Ed Kallas, Recreation Supervisor I, at ekallas@alamedaca.gov or (510) 747-7511.

Beginning Spanish

Mondays, 9:00AM - 10:00AM, Location: Zoom

Student participation with the instructor and classmates in vocabulary, writing, reading, listening and grammar helps students improve Spanish language skills.

Spanish Conversation

Mondays, 10:15AM - 11:30AM, Location: Zoom

Reading, writing, listening, conversing and participating with the instructor and classmates helps the student improve Spanish language skills.

Line Dance for Beginners

Mondays, 12:30PM - 2:00PM, Location: Zoom

Designed for returning beginners who want to continue learning more steps and new dances. Dance for fun while exercising your body and mind to a variety of music.

Qigong

Tuesdays, 9:00AM - 10:00AM, Location: Zoom

Qigong is an ancient discipline that includes visualization, mindfulness, and focus on breathing. Improve mental and physical health with correct posture, movement, and breathing technique.

Ceramics (Intermediate)

Tuesdays, 10:30AM - 12:00, Location: Zoom

This intermediate level hand-building class is designed for individuals with two or more years of experience. There will be five projects (assigned/student's choice). Emphasis is on surface design techniques. Projects limited to 12" x 12" x 12" with two Cone 5 Bisque and two Cone 5 Glaze Firings. Participants supply their own tools, glazes, and are encouraged to improvise or make some of their own tools.

Gentle Yoga

Tuesdays, 10:30AM - 11:30AM, Location: Varies

Join Tatiana Stollman, Instructor, for a gentle practice including calming poses with an emphasis on stretching and breathing. Focus on holding asanas or poses in a quiet, meditative state. To prepare for class, have a yoga mat and comfortable clothing. Useful but not required: a yoga strap and yoga block.

Pilates

Wednesdays, 10:30AM - 11:30AM, Location: Zoom

Low impact varied exercises to develop muscular (arms, core, legs, glutes) strength.

LIVING WELL

Food Resources

Need a little help in the kitchen or hoping to supplement your pantry? If so, consider one or more of the following services:

- Lunch Program: Mastick Senior Center offers a Grab and Go Lunch Program, provided by Spectrum Community Services, Monday through Friday. The program requires a 72-hour reservation. To register and cancellations, please leave a message at (510) 747-7503.
- To register or learn more about Alameda Meals on Wheels, please call (510) 865-6131 or visit www.alamedamealsonwheels.org
- The Mercy Brown Bag Program provides a bag of groceries to low-income seniors, age 60 and better. For more information, please call (510) 534-8540 or visit <https://mercybrownbag.org>
- The Alameda Food Bank is distributing from their warehouse located at 650 West Ranger Avenue, Alameda (Bus Line 96) on Monday, Wednesday, Friday, 12:00 - 4:00PM. For more information, visit www.alamedafoodbank.org
- If you need food or groceries, call 211.



Transportation

Alameda Loop Shuttle

The Alameda Loop Shuttle, ADA accessible, equipped with a bicycle rack, and linked to AC Transit transfer stops, is free and operating on its regular schedule. For more information about the shuttle, schedule, and transportation programs, call (510) 747-7513 or email vwilliams@alamedaca.gov.

Technology Assistance

- If you are new to technology or stumped by a program, please leave a message at (510) 747-7500, and we will arrange for a volunteer to assist you by phone.
- To explore resources created by the State of California, "Resources to Bridge the Digital Divide among Older Adults", visit www.aging.ca.gov/covid19/Digital_Divide
- Mastick Senior Center's WiFi can be accessed from your vehicle while parked in our lot! If you don't have a car or prefer to travel by bicycle, please use social distancing when sitting on a bench. Masks are required. The WiFi password is coffee!! The parking lot is open Monday - Friday from 7:30AM - 4:00PM
- To explore affordable computer, telephone, and Internet resources, send a note to MastickSuggestion@alamedaca.gov.

Legal Assistance, Health Insurance/Medical Bills, Abuse

- For legal assistance, contact Legal Assistance for Seniors (LAS) at (510) 832-3040. Be cautious of fraud/scams pertaining to COVID-19.
- For health insurance counseling or assistance with Medicare, contact the Health Insurance Counseling & Advocacy Program (HICAP) at (510) 839-0393.
- For assistance with tenant/landlord issues, please call Centro Legal de La Raza at (510) 437-1554. For text alerts pertaining to housing issues in Alameda County, text (510) 738-3906.
- If you need protection from abuse, call the 24 Hour Elder Abuse Hotline 1-866-225-5277 or (510) 638-6878 during working hours; and 1-800-231-4024 after hours.

Personal Protection Gear

Free Personal Protection Gear!

The CIL and the State Council on Developmental Disabilities are giving away personal protective equipment, such as reusable cloth masks, limited disposable masks, hand sanitizers, and face shields, while supplies last for people with disabilities and at-risk older adults. For additional information, call (510) 841-4776, email info@thecil.org, or visit www.thecil.org.

FACILITIES & PARKS

ARPD Website: www.alamedaca.gov/recreation
 Like us on Facebook: www.facebook.com/playARPD
 Park and Facility Issues: after hours 510-775-5459
 Field Condition Hotline: after 2pm 510-747-7540

ARPD Main Office
 2226 Santa Clara Ave.
 510-747-PLAY (7529)
ARPD@alamedaca.gov

ENJOY
 ALL THAT THE
 CITY OF
 ALAMEDA
 HAS TO
 OFFER!

Facilities & Parks

Alameda Point Gym & Multi-Purpose Field

1101 West Redline Ave, 510-747-PLAY

Alameda Point Neighborhood Park

Coronado Ave, between Ardent Wy & Skylark St

Alameda Point Waterfront Park

Ferry Point & W. Atlantic Ave

Bayport Park

301 Jack London Ave, 510-263-1428

Bill Osborne Model Airplane Field

Doolittle Dr at Harbor Bay Pkwy

Chochenyo Park

2430 Encinal Ave

City View Skate Park (Alameda Point)

1177 West Redline Ave

Corica Park

1 Clubhouse Memorial Dr, 510-747-7800

Emma Hood Swim Center

2256 Alameda Ave, 510-522-8107

Encinal Boat Ramp

Central Avenue behind Encinal High School

Encinal Swim Center

230 Central Ave, 510-522-4590

Estuary Park

200 Mosley Ave

Franklin Park

1432 San Antonio Ave, 510-522-3132

Godfrey Park

281 Beach Rd, 510-521-1551

Grand Street Boat Ramp

North End of Grand St

Harrington Field

3400 Oleander Ave

Jean Sweeney Open Space Park

1925 Sherman St

Krusi Park

900 Mound St, 510-522-4341

Leydecker Park

3225 Mecartney Rd, 510-521-1266

Lincoln Park/Harrison Center

1450 High St, 510-523-6222

Littlejohn Park

1401 Pacific Ave, 510-523-1510

Longfellow Park

520 Lincoln Ave, 510-522-5262

Main Street Dog Park

Main St & Navy Way

Main Street Linear Park

Main St

Main Street Soccer Field

Main St & Appezzato Pkwy

Marina Cove Waterfront Park

1591 Clement Ave

Marina Village Park

1030 Marina Village Pkwy

Mastick Senior Center

1155 Santa Clara Ave, 510-747-7500

McKinley Park

2165 Buena Vista Ave, 510-522-6161

Neptune Park

2301 Webster St

O'Club

641 West Redline Ave, 510-747-PLAY

Rittler Park

1400 Otis Dr

Shoreline Park

2801 Seaview Pkwy

Tillman Park

220 Aughinbaugh Way, 510-521-8307

Towata Park

3315 Bridgeway Isle

Underground Teen Center

Veteran's Memorial Building
 510-748-9466

Veteran's Memorial Building

2203 Central Ave, 510-864-4017

Washington Park

740 Central Ave, 510-521-0162

Washington Dog Park

Next to Tennis Courts

Woodstock Park

351 Cypress St, 510-521-0656

Register online at
www.alamedaca.gov/recreation

ALAMEDA RECREATION AND PARK DEPARTMENT
 2226 Santa Clara Avenue, Alameda, CA 94501
 (510) 747-7529 • FAX (510) 523-4071 • Tax ID#: 94-6000288
arpd@alamedaca.gov • www.alamedaca.gov/recreation

REGISTRATION FORM

MAIL TO:
 ARPD MAIN OFFICE
 2226 SANTA CLARA AVE
 ALAMEDA, CA 94501

REGISTER ONLINE AT:
www.alamedaca.gov/recreation

ARPD Programs follow all Alameda County Health protocols. This includes masks, hand washing, facility cleaning and small groups. Safety for participants, staff and community is our top priority.

- **Full payment is due at the time of registration.** Checks payable to ARPD, American Express, Discover, MasterCard or VISA accepted.
- **Withdrawals may be made by e-mail or phone with a \$15 processing fee (or otherwise stated).** The remainder of the fee may either be refunded or left as a credit on your account to be used in the future.
- **Parents/Guardians, there is a late fee of \$1 per minute per child for every minute you are late picking up your child/children from programs/classes – payable that day.**

PARTICIPANT'S		BIRTHDATE	M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	FEE
LAST NAME	FIRST NAME						
TOTAL FEES DUE: \$							

MAIN CONTACT OR PARENT/GUARDIAN INFORMATION:

LAST NAME:		FIRST NAME:		BIRTHDATE:
ADDRESS:			CITY:	ZIP:
PRIMARY/CELL PHONE:		SECONDARY PHONE:		EMAIL ADDRESS:
EMERGENCY CONTACT:		RELATIONSHIP TO PARTICIPANT:		PHONE:
EMERGENCY CONTACT (OTHER THAN PARENT):		RELATIONSHIP TO PARTICIPANT:		PHONE:
PARTICIPANT'S MEDICAL ISSUES/ALLERGIES:			AUTHORIZED PICK-UP PERSON(S):	

LIABILITY WAIVER

- Undersigned hereby releases, waives and discharges the City of Alameda, its officers, employees, agents and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from any personal injury, communicable diseases, illnesses, and viruses and/or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its officers, employees, agents, and independent contractors.
- Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents, volunteers and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

VIRTUAL CLASS RELEASE: I hereby warrant and agree that the conditions of my environment are safe, free from obstructions and are suitable for participation in the above-referenced activity. I further understand and agree that any material downloaded, viewed or otherwise obtained through my participation in said activity is done at my own risk and ARPD is not responsible for any loss, alteration, corruption or other damage to my personal property, including computers, networks and other property used as part of my participation.

CONSENT TO TREAT: I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.

☐ Check here if I **DO NOT** consent to treat and I request that medical or surgical services be withheld.

WELLNESS CHECK: I hereby confirm that my child has not had a fever of 100 degrees or above, shown signs of respiratory illness (cough, sore throat or shortness of breath), or been in close contact with a person who has COVID-19 for at least 14 days prior to the start of the program. I hereby give my consent for the City of Alameda staff to take my child's temperature before the start of programs each day and understand that my child must stay home if my child has a fever of 100 degrees or above or exhibits signs of respiratory illness and can return to the program only when symptoms improve, there is no fever for 72 hours without the use of fever-reducing medicine, and at least ten days have passed since illness onset.

PHOTO RELEASE: I understand that photographs may be taken of me or my child during the course of said activity, and that these photographs may be used in the City of Alameda publications, including but not limited to recreation brochures, the City's website, and the City's Facebook page or other City social media sites.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

SIGNATURE: _____ **DATE:** _____ ☐ Participant ☐ Parent/Guardian

☐ CHECK (payable to ARPD) / ☐ AMEX / ☐ DISCOVER / ☐ VISA / ☐ MC #: _____ CVV # _____ Exp. Date _____

Name on Card: _____ **Signature:** _____

Address on Card: _____

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above

WHAT'S HAPPENING IN THE CITY OF ALAMEDA RECREATION & PARKS DEPARTMENT

Chochenyo Park

The park formerly known as Jackson, located at Park Ave. and Encinal Ave., is now named Chochenyo Park. Chochenyo is the Ohlone language spoken by the Lisjan Ohlone people who lived on the land that is now known as the San Francisco East Bay and their unceded territory includes the City of Alameda. The park was renamed by City Council after a comprehensive community input process. Parks are important public spaces, their names have impacts, and should represent the values of the community. The renaming was the result of a grassroots effort to change the park name because it was named after President Andrew Jackson who personally enslaved hundreds of Africans and was responsible for the Indian Removal Act (now known as the Trail of Tears) during which Federal troops evicted indigenous peoples from their ancestral lands in the southeast U.S. and marched them to new reservations in Oklahoma, resulting in thousands of deaths from starvation and exposure.



Alameda Point Neighborhood Park

Located at Coronado Ave. and Orion St. in the new housing development at Alameda Point, this new park boasts a signature playground in honor of Allie the humpback whale that visited us in Seaplane Lagoon a couple years ago plus picnic areas, basketball court, fitness equipment, restroom and ping pong tables. Come play and walk, roll and ride to the new trail connections along Seaplane Lagoon past the new ferry terminal.



Tree Planting for Shade, Beauty and Reducing Greenhouse Gasses

Throughout the fall and winter, ARPD planted trees in nearly all of our parks with 70% in west and central Alameda and 30% in east Alameda and Harbor Bay. These trees provide beauty in our parks, many with changing colors and flowers, as well as much needed shade. They also are critical in the City's efforts to address climate change because trees reduce greenhouse gasses. ARPD also focused on equitable planting of trees to ensure we planted in parks with fewer overall trees, which is historically in lower income areas.



Krusi Park Recreation Center Replacement

A brand new recreation center building opened to the public in September 2020. The small, outdated 900 square foot recreation center was replaced with a 2,000 square foot facility with a large multi-purpose room, office, storage, restrooms and kitchen. This recreation center is utilized for youth programming and community rentals.

Alameda Point Gym Improvements

This spring, the City is building a new restroom building between the gym and skatepark. These gender neutral restrooms will provide much needed capacity for the gym users and tournaments as well as two restrooms for skate park users.

Godfrey Park Recreation Center Improvements

This summer, the City is renovating this building with three new gender neutral restrooms and an updated kitchen.

New, Modified Activities and Expanded Aquatic Programs

ARPD staff worked hard to ensure parks and programs remain safe and open to the public during the pandemic because we truly understand that these are critical for the mental health and well-being of our residents and community. Some programs moved online, such as Mastick Senior Center, virtual sports, trivia and classes. We continued modified in-person after school programs and outdoor fitness activities. At the same time, ARPD greatly expanded its aquatic programs to offer year-round lap swim, swim lessons and aqua aerobics programs at the pool facilities at Alameda and Encinal High Schools.



ALAMEDA RECREATION AND PARK DEPARTMENT
(510) 747-PLAY • www.alamedaca.gov/recreation
Camps • Classes • Events • Parks • Services • Sports • Travel • more